

# The Lemon Grove REVIEW

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**Betty Jo Does a Wild  
Hollywood Premiere**

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Serving Lemon Grove and nearby communities

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## The opening act



A crooning Dirk warms up the audience at a regional karaoke contest held Dirk's Horseshoe Lounge. Photo by Cheryl Cohen

## City to mull loosening alcohol regs

by Cheryl Cohen

Little more than four years ago, the Lemon Grove City Council moved to slow the flow of alcohol sales by passing zoning restrictions on retailers.

Among the new rules was the requirement that there be more than 500 feet between businesses with "incidental sale" of alcoholic beverages — restaurants, food stores other than convenience stores, and drug stores larger than 10,000 square feet.

Now that Boston Market and Thrifty Drugstore/Pharmacy want to build stores (both with drive-thrus) at the corner of Massachusetts Avenue and Broadway, the 500 feet rule is getting a fast revisit.

The Lemon Grove Planning Commission will meet on July 28 to consider an amendment to Section 18.27.060A(17) of Chapter 18.27 of the Lemon Grove Development Code to no

longer require places with incidental sales to adhere to the separation rule.

About a month ago, the Lemon Grove Planning Commission discovered a "flaw inconsistent with the original intent" of the ordinance.

Coincidentally, Warburton/Buttner, the developers of the northeast corner of Massachusetts and Broadway, have said they want to have demolition completed by the end of October. The city has repeatedly stated its intent that this area be developed according to the General Plan.

Members of the Planning Commission became concerned that the 500 feet rule could adversely affect development of the corner as well as the proposed theater and shopping center development in STA III by Ben Cipriani's company.

If this same rule seemed flawed to businesses unable to sell alcoholic beverages before, perhaps they weren't under the same time constraints. As developers have come in, they've presented their urgent time deadlines to the city. The city, in turn, has tried to accommodate their fast-track requirements in order to build in Lemon Grove.

For instance, one part of the General Plan calls for the STA III area to be developed with large lot ("big box") retail uses on parcels of land comprising at least one city block, or having a minimum of three acres. The city has said they would consider providing development incentives, including (but not limited to):

- Expedited processing of land use and development permits.
- The closing of public streets

within proposed developments.

- Flexible application of sign regulations.

The initial study for the Planned Development Permit (PDP) to authorize Phase I of the Warburton/Buttner project, states that the city (with the assistance of the San Diego County Department of Environmental Health) has determined that the subsurface hydrocarbon contamination of the portion of the property to be developed by this phase (construction of a 3,049-square-foot drive-through restaurant with changeable copy menu signs and freeway-oriented sign) "has been largely remediated."

The Finding of Negative Declaration for PDP97-03 says that the project will not be adversely affected by "any remaining contamination" provided that the county is notified of any contaminated soils that may be encountered during construction and that non-metallic water lines are not placed in any area of residual petroleum contamination.

In other words, the \$400,000 cleanup of the former gas station site, which was discussed during the initial presentations of the project to the city council and general public, is now unnecessary unless further contamination on that site is found during construction.

Very quickly, areas formerly known as "industrial" parts of the city have become "blighted," contaminated lots are now "rehabilitated" and flaws uncovered in a previously satisfactory code.

With the completion of the General Plan, Lemon Grove has merged onto the fast track of managed growth.

## Mormon battalion trek now a song and dance

by Dan Clark

One hundred fifty years ago, members of the Mormon Battalion marched into San Diego on a 2,000-mile trek from Iowa.

About 50 East County residents, including Megan and Autumn Spangler of Lemon Grove, will perform in a new historical musical called "Company B," a tribute to that pioneer experience.

Several lead parts in "Company B" are played by East County actors and singers, and the producer, director and choral director live in this area as well.

"Company B," written by Toni Thomas of Poway with music by Justin Gray of Escondido, will be performed at 8 p.m. July 22 - 26 in Old Town State Park, just west of Heritage Park.

Drawn from diaries and other sources, "Company B" tells the story of the battalion and some of San Diego's history, with characters and scenes based on actual people and events that occurred in 1846 and 1847.

"Company B" is a family affair. Bill Riggins, Jr., bishop of the LDS La Mesa 2nd Ward (congregation) and his wife Bonnie play the parts of Senor and Senora Bandini, San Diegans who were here when the Battalion arrived.

The lead female part in "Company B" is played by Shannen Wilcken of Santee, who portrays Melissa Coray. Melissa and her husband Sgt. William Coray were newlyweds who came all the way

to San Diego with the Battalion. William is played by James Edwards of Tierrasanta.

Other leads in "Company B" are played by Matthew Read of La Mesa and Pauline Ball of El Cajon as Capt. Jesse D. Hunter and Lydia Hunter. Lydia gave birth to the first American child born in San Diego. The baby, Diego Hunter, grew up in San Diego.

The original Mormon Battalion is credited with completing the longest infantry march in U.S. history. The 500-man military unit was enlisted in the area of Council Bluffs, Iowa, in July 1846, to become a part of the Army of the West and to help fight the war with Mexico.

The Mormons had recently been driven by mobs from their homes in Illinois and were camped in temporary settlements in Iowa and Nebraska awaiting the time when they had the resources to move west, eventually to settle in the Salt Lake Valley.

The battalion marched to Fort Leavenworth, Kan., then on to Santa Fe, N.M., and Tucson, Ariz., before their final and difficult trek to San Diego.

When the march began, approximately 80 women and children accompanied the men. The women were to serve as laundresses. At Santa Fe, most of the women, all of the children and the men who were ill or very weak were sent to Pueblo, Colo., to spend the winter. Four women came all the way to San Diego.

At first, the citizens of San Diego mistrusted the battalion

soldiers, but they soon found the men to be industrious, sober and



Sisters Megan and Autumn Spangler of Lemon Grove sing and dance in "Company B."

honest. The soldiers were allowed to work for the citizens of San Diego in their spare time. They dug wells, whitewashed buildings and fences, built a kiln and fired the first brick in San Diego. With some of the brick they built a courthouse. A replica of the courthouse is located on the original site in the Old Town Plaza.

When the battalion was ready to be discharged, the citizens of San Diego signed a petition to have the men reenlist and remain in the area. A few stayed, but most of them were anxious to return to their families.

The show is free to the public, but tickets are required because of limited seating. Tickets may be obtained at the Mormon Battalion Visitors' Center in Old Town or by calling Ed Smith at 667-1024.

## Friends of the Lemon Grove Library News

by Harold S. Berg

President, Friends of the Library

### Filtering the Internet

Twenty thousand librarians at the nation's annual conference on June 28 agreed that software filters are unable to do the job of screening harmful materials at terminals used by children. In San Diego County, parental permission to use library computers is the favored approach and will be implemented in the fall.

### Summer Reading

Our members agreed to finance the children's reading program finale with refreshments and awards for each child completing the program.

### Vote in 1998

Long-term funding for San Diego County libraries through a one-quarter percent tax is the goal of Citizens in Action for Local Libraries (C.A.L.L.). In a past vote, Lemon Grove voters narrowly missed the two-thirds affirmative vote required for passage.

### July Book Sale

Lemon Grove Friends of the Library will conduct a used book sale from 9 a.m. - 3 p.m. on July 26 in the library's community room and on the sidewalk outside. For an inside view of the numerous publications to be offered, sit in on the Friend's one-hour meeting at 9 a.m. July 24.



# M is for Mayor

Personal comments of Mayor Mary Sessom

## Plan advisory committee envisions city's future

We have heard a lot lately about the 20th anniversary of the incorporation of Lemon Grove as a city. Any celebration of this sort is a perfect opportunity to look back at the city and how it has evolved. But the door is also opened to dream about the next 20 years (and I don't necessarily mean the potential for a sister-city on Mars).

Our citizens' advisory committee for the General Plan has articulated the vision for our future. This vision includes, among other things, preservation of our established neighborhoods, a prosperous business community and sustaining our small town feeling. This is a great vision but how will the city actually look? The General Plan gives us some ideas. The rest must be supplied by one's own imagination.

The downtown area will be a mixture of retail stores, craft and artisans shops, indoor and outdoor eateries and apartments for residents who like to live close to public transportation and the "action." At the west end of Broadway we will be able to buy clothes, electrical gadgets, nails, paint, CDs and tapes, sheets and, maybe, even catch a movie between all the shopping. Behind our downtown area, at the east end of Broadway and over on Federal Boulevard, the city's busy industrial areas will be turning out world famous products stamped "Made in Lemon Grove" as well as supplying our citizens with good paying jobs.

A short side trip to any of the residential areas will reveal streets and sidewalks that have been well maintained at the end of our fourth 5-Year Capital Improvement Plan. The landscaping will be mature and abundant. Children will be playing outside in their spacious front yards or in common green areas while the adults share conversation on their way to a PTA or Neighborhood Watch meeting.

Teens and Seniors will congregate at either the Lemon Grove Teen Center or Senior Center for activities and socializing. Those who wish (from either group) can join their friends at the Municipal Pool/Skateboard Park or test their skills in the virtual reality video parlor. On warm summer evenings, families will relax at any one of the city's seven parks or enjoy a production by the Lemon Grove Players at the Civic Center Complex.

The community's needs for quiet recreation or information will be met at the Sessom Library (okay, maybe this is pushing it, but it is my dream). Law enforcement and fire personnel from the East County Public Safety Agency will work out of the Lemon Grove Station. And, on Mother's Day weekend in 2017, the service clubs, businesses, churches, non-profit organizations and citizens will all gather at Old Time Days to celebrate the 40th anniversary of this wonderful city of Lemon Grove.

## Lemon Grove Fire Log

July 4-10, 1997

2000 blk. Dayton Dr. Fainting.  
8300 blk. Broadway. Unresponsive.  
7500 blk. Broadway. Fall.  
3000 blk. Fisher Ln. Assault victim.  
Hwy 94 WB/Grove St. Vegetation fire.  
7900 blk. Palm St. Unconscious.  
3700 blk. Grove St. Rectal bleeding.  
8300 blk. Broadway. Diabetic problem.  
8200 blk. Broadway. Broken water main.  
6900 blk. Central Ave. High fever.  
Lemon Grove Ave./Montana St. Person down.  
2200 blk. Bonita St. Difficulty breathing.  
7500 blk. Cuyamaca Ave. Possible stroke.  
7900 blk. North Ave. Difficulty breathing.  
7600 blk. Broadway. Dumpster Fire.  
2300 blk. Washington St. Reaction to insect bite.  
8500 blk. Palm St. Laceration.  
7100 blk. West View Pl. Seizure.  
1300 blk. Taft St. Co Alarm residential.  
7900 blk. North Ave. Unknown medical.  
Blossom Ln./Sweetwater Rd. Person down.



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## WEATHER

The following information was provided by the National Weather Service.

		High	Low
July	9	78	62
July	10	76	62
July	11	74	65
July	12	75	63
July	13	80	57
July	14	86	56
July	15	88	61

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## PUBLIC NOTICE

### NOTICE TO BIDDERS

The Grossmont Union High School District will receive bids for

### REFINISHING OF GYMNASIUM FLOORS DISTRICTWIDE

Each bid shall be submitted on a form obtained at the Purchasing Department of said District located at 1100 Murray Drive, El Cajon, CA 92020, shall be sealed and filed in said Purchasing Department on or before **9:00 a.m.** on

**AUGUST 1, 1997**

and will be publicly opened and read aloud at that time and place.

The District reserves the right to award to the lowest responsive bidder meeting bid specifications. The Grossmont Union High School District reserves the right to reject any or all bids, to accept or reject any one or more items of a bid or to waive any irregularities or informalities in the bids or in the bidding.

Bidder shall be required to file with each bid proposal a certified check, cashier's check or a bidder's bond from an admitted surety insurer made payable to Grossmont Union High School District in an amount of five hundred dollars (\$500.00) as evidence of good faith in the matter of executing the contract; said checks to be returned to unsuccessful bidders within a reasonable time after bids are awarded. If successful bidder declines to enter into contract after being awarded the bid, the bid bond shall be forfeited to the District.

No bidder may withdraw his bid for a period of thirty (30) days after the date set for the opening of bids.

In the event of identical bids, the Governing Board may determine by lot which bid shall be accepted per Public Contract Code No. 20117.

Nadia Q. Davies,  
Clerk of the Governing Board  
Grossmont Union High School District  
of San Diego County, California  
Bid No. 2677

Lemon Grove Review  
July 17 & 24, 1997

## Lemon Twist

by Cheryl Cohen

Sometimes, these things just write themselves. And, it's a good thing this week, it being after a holiday and all - when you usually have to beg for stories (or make them up). But, as you well know, there's nothing but the real deal here at The Twist. Things get so bizarre in the Big Lemon, it's hard to tell fact from fiction!

For instance, Helen Ofield writes that she couldn't help but notice in the minutes of the July 1 City Council meeting, there was a reference to John L. Wood's report about eight EDCO trucks with dragons traveling on Central to get to Lemon Grove Avenue. She says, "What could EDCO have found in the trash? Were the dragons irritated 'Groovers' aiming hot breath at council? Were the dragons (gasp) driving the trucks? Just how crazy is this town?"

I'll be glad to clue you in, Helen. (Gosh, I hate to tell her that it was "drag-on," not dragon.)

Dirk from the Horseshoe Lounge was crazed enough to ask me to judge in Sunday's regional karaoke contest, where I was with another assortment of mixed nuts, to include our lovely mayor, Mme. M., her husband, Steve Baker, Sheriff's Deputy Al Aviles and Randy "Ran Man" Dewitt from 93.3 KHTS-FM. "Ran-Man" appears to be trying hard to have all his bases covered. On his business card, it says, "On-air personality ... I look like a model, too!" Funny, ... his head didn't look any larger than a normal person's. I decided to call his station to find out who writes the text for their business cards, but the question stymied the person that answered and she sent me right to voice-mail hell. A DJ's voice in my head said, "Cheryl Cohen, you have won - Pffhhhtttt! absolooootely nothing! (applause) Thank you for playing."

Back at Dirk's, the KJ spied Mayor Mar' and coaxed her onto the stage. Turncoat Mary then pointed out yours truly to come up to the stage, and there was no backing out. The KJ, who obviously has no relationship with reality, decided that Mary and I would do a Karaoke thang on stage, which even though might've made Steve Baker toss his bar snacks right then and there, we might've done - except that the guy started up a medley of songs from "Grease!" - none of which we knew in the slightest. There we were, on stage, each with microphones of varying reliability, looking at each other in complete bewilderment, and occasionally "Ooo-Oooing" at the video screen.

The KJ and the rest of the world ... er room, knew the songs by heart, and sang along with gusto. I thought at the time, they all wondered who these geeks were on stage, that didn't own every one of Olivia Newton-John's recordings. Even weirder, was the fact that nobody seemed to care that we didn't know any of this stuff; they just wanted to hear themselves sing, anyway. Whew. We sneaked back to our seats, virtually unnoticed.

Then, the contest began. One by one, they came to the judges table to introduce themselves, and to offer bribes. So unpredictable, these Karaoke singers ... First, there was Brian, the mushy guy that was caressing his microphone. Kasia sang "Don't cry for me, Argentina" with a disco beat and a stripper style, actually ripping off her (tear-away?) red suede fringed jacket during the chorus. What was that all about, anyway? Lisa sang a lovely Spanish song but with a strange Olive Oyl type of dance move that baffled me. Rick sang the most serious/almost angry version of "Woolly Bully" you've ever heard, and then there was Eddy, who performed Joe Cocker's version of "A little help from my friends" with such authentic style, I found myself praying that the Muscular Dystrophy Association people stayed home.

The winner was a tiny Gina, who belted out a huge sound while her spangled and fringed arms waved to the crowd during the high notes. The only scary parts, were when the singers came down off the stage to sing directly to the judges. "Oh, no! He's comin' over to kiss up!" All in all, it was an enriching experience - and there were all kinds of talented people too numerous to point and laugh at here in the column. You'll just have to catch them at the Lounge. Thanks, Dirk - it was a very fun and interesting time!

If you've got any special invitations to extend, call The Review, or get them directly to me at 264-3153 (msg), 264-4180 (fax), or cirious@cts.com (Internet).

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## Commentary

by Paul Treske

### CCT muscles in

Last week's meeting of the La Mesa City Council was the occasion for a most surprising and unexpected presentation. Leaders of the El Cajon-based Christian Community Theater (CCT) proposed that La Mesa lease its current warehouse-utilized Tweed & Gambrell building acreage for 50 years to their group for construction of a \$3 million, 700-seat theater.

Perhaps even more surprising was the quick acceptance of the proposal by four-fifths of the council with only Mayor Art Madrid questioning whether the site might better be used for other purposes including a new and larger post office.

Most surprised were members of the Lamplighters Community Theatre whose venue, in the library building, is only a block away from the proposed new theater. With little or no advance warning that such a plan would be presented, Lamplighters was only minimally represented at the meeting and ill-prepared to comment cogently.

The failure to inform Lamplighters that the development of a new theater on its doorstep was to be discussed, is a poor service to a group which has, in various incarnations, been a La Mesa fixture for 60 years. Lamplighters has had a close relationship with the city for many of those years; has been a regular and substantial rent-payer to the city, and, on one recent occasion, made a significant extra finan-

cial gift to the city during a period of financial hardship. Surely, a group with this kind of track record deserves better notification and involvement on an issue so vital to its very survival.

Lamplighters ordinarily would not expect to lose its loyal following of season ticket holders to a new theater in town. But the problems of parking and traffic congestion in an area that features two theaters side-by-side, could easily work to the detriment of both groups. A full house at a Lamplighters production fills the library and City Hall parking lots and a good part of that belonging to the neighboring Helix Water District. The current Tweed & Gambrell area is hardly large enough to fit a large stage and adequate parking for 700 patrons.

The issue of a new CCT is now in the hands of city staff for study and recommendation and will be up for discussion for some time to come. One hopes that the health and existence of Lamplighters will be a part of those considerations. If they are not, one would wonder if this venerable and beloved theater group is to be sacrificed to the ambitions of a larger and stronger group.

*Besides writing commentaries for Forum Publications, Paul Treske is currently the designated spokesman for the Lamplighters Community Theatre Board.*

## Letters to the Editor

### Right on Eichelberger

Hats off to Greg Eichelberger for his excellent commentary, "It's up to the individual to choose," in the July 10 issue of the El Cajon Eagle. Eichelberger correctly unmasked the hypocrisy behind our government's anti-smoking witch hunt and exposed the truth of its behavior-control agenda. He should be highly commended for casting political correctness to the winds in favor of writing the hard-hitting truth about the tobacco company brouhaha.

We all know at this point that smoking is "bad" - now could we not? I smoke. I know it's bad, and I don't expect anyone to have any sympathy for me if I end up dying of a smoking-related illness. It was my choice to start smoking, and my choice alone. The tobacco companies didn't make me do it, my peer group didn't make me do it, and Joe Camel certainly didn't make me do it (I smoke Marlboros).

The government didn't make me start, either, so why does it now want to make me stop? That's a good question that doesn't have a good answer, because the answer is that government is trying to control a behavior that it has no business trying to control. The current climax of the feeding frenzy against smokers has been building for years, yet it is only one example of the government's intrusion into people's lives in order to control their actions - and, by extension, their thoughts.

Isn't it ironic that no similarly terrible stigma applies to behaviors which are considered "politically correct", even if those behaviors pose an equal or greater threat to public health than smoking does? For example, sodomy immediately comes to mind as one of the primary behaviors through which the deadly AIDS virus is transmitted. The argument that sodomy is less sinister than smoking because it is a consensual act that affects no one but the participants is patently false. Sodomy does affect others besides those who engage in its unhealthy practice by diverting tax dollars to federally-funded AIDS research programs. Where's the justice in that? If smokers can agree that non-smokers should not be forced to pay for smoking-related illnesses, why should non-sodomites be forced to pay for the consequences of sodomite acts? The answer - which should be obvious - is instead pitifully obscure to far too many citizens. Because of the government's and media's protective coddling of those who willfully engage in AIDS-transmitting behaviors, the truth - that most cases of AIDS, like smoking-related illnesses, are a result of individual free choice rather than victimization - requires a mental leap that is impossible for politically correct people to make.

Shouldn't those companies and legislators who promote sodomy via their support for the homosexual agenda be punished as severely as the tobacco companies? Since there are many more pro-homosexual companies than pro-smoking companies, wouldn't it be more lucrative for our cash-strapped government to sue Disney, AT&T, IBM and their like-minded corporate brethren instead of the tobacco companies? Again, an answer that should be a no-brainer is sadly too profound for many of our citizens, particularly government and media groupies, to grasp.

Eichelberger's phrase "anti-smoking Nazis" hit the nail on the head. Tyranny originates through control mechanisms disguised as beneficence. That's why those who support the government's current attack on tobacco companies, thinking they are helping to improve public health, are sadly misled. Far from insuring a better future for themselves, those who condone the loss of freedoms for fellow citizens only hasten the day they lose their own. In that sense, Eichelberger's article was more than honest - it's prophetic.

ALLYSON SMITH  
El Cajon

### Reel Thoughts

## Foster out of this world in 'Contact'

by Betty Jo Tucker

If not for Jodie Foster's consummate acting skill, Warner Bros.' film adaptation of astronomer Carl Sagan's sci-fi novel, "Contact," would be two and one-half hours of overblown sentimentality.

Foster's brilliant performance makes this much-too-long movie worth seeing and could earn her another Academy Award nomination. If she does receive an Oscar for "Contact," it will be her third. She rarely disappoints moviegoers. Her intelligence and inner beauty give something special to each of the character she portrays - from the novice FBI agent of "Silence of the Lambs" to the misunderstood rape victim of "The Accused."

Never have Foster's dramatic talents been more effectively displayed than in her latest film. As a headstrong, visionary astronomer who receives a message from outer space, she simply captivates us. We sympathize with her loneliness as a scientist. We admire her dedication to a project scoffed at by others. And we detest the man who tries to take credit for her discoveries. Foster makes this all so very believable for us.

But when the movie dwells on a romantic relationship between Foster's astronomer and a New Age guru, played woodenly by Matthew McConaughey, and when it deals superficially with the conflict between science and religion, we are stunned by its



Ellie Arroway (Jodie Foster) listens for signals from outer space in Warner Bros' "Contact," based on the best-selling novel by Carl Sagan.

loss of momentum. In fact, I caught myself wishing for a cameo appearance by at least one of the visually exciting extraterrestrials from "Men in Black" to liven things up a bit.

Only in the last few scenes involving a gargantuan machine built to take the first human to the distant star Vega does "Contact" deliver any special effects thrills. However, these are quite dazzling and original.

Robert Zemeckis, Oscar-winning director of "Forest Gump," took on an ambitious project with this film. With more disciplined editing and the deletion of extraneous plot detours, he could have created another winner. As it is, "Contact" remains memorable only because of

Jodie Foster's remarkable work as a driven scientist who finds one answer to the mystery of the universe.

## Changes must come before stamp hike

by Scott MacDonald

Criticizing the Postal Service for a record of "mis-handling the mail, mispending our stamp money and misleading the American public," the nation's largest coalition of first class mail users today denounced the agency's plan to increase first class mail rates.

At a meeting here, the Postal Service Board of Governors announced plans to increase first class mail rates by a billion dollars. That plan will be reviewed by the independent Postal Rate Commission (PRC) before coming back to the Board of Governors for a final decision.

Members of the Coalition to Make Our First Class Mail First Class said the Postal Service has seemingly been concentrating on everything but mail delivery and now a full 30 percent of non-local first class mail is being delivered late.

"Since they raised first class mail rates by \$3 billion-a-year in 1995," said Joseph Fields, public relations director for the American Farm Bureau Federation which is a member of the coalition, "postal executives have spent hundreds of millions of dollars on feel-good 'image' advertising for their monopoly, wasted millions more on start-up costs for sideline businesses that have nothing to do with delivering the mail and showered themselves with huge bonuses."

"And now they are again selectively releasing results of performance tests to give the American public the impression mail delivery is a-ok, when in fact three in ten letters destined outside an immediate metropolitan area are being delivered late."

Fields referred to figures released by the Postal Service last week that the coalition charged was nothing more than a public relations effort to get good press on the eve of the announcement of another rate increase.

Though the PRC will review the planned hike, the final authority rests with the Postal Service itself. Coalition members said that must be changed.

"We demand Congress give the final rate-making authority to the Postal Rate Commission to bring critically needed accountability to this out-of-control agency," said John F. Robinson, president and CEO of the National Minority Business Council (NMBC) which is a member of the coalition.

The Coalition to Make Our First Class Mail First Class has more than 200 member organizations representing more than five million Americans. They include the Association of Retired Americans, National Ass'n of Realtors, National Federation of the Blind, American GI Forum and the National Alliance of Business.

*Were it left to me to decide whether we should have a government without newspapers, or newspapers without a government, I should not hesitate a moment to prefer the latter.*



## Olsens vacate house



The Olsen clan packed this Ryder rental truck with furniture and belongings, and vacated their house on Rapatee Court in La Mesa last weekend. Maynard Olsen, a trustee on the Grossmont Union High School District Governing Board, now practices medicine in Provo, Utah. He has not resigned from his seat on the board, commuting between Utah and La Mesa for the past few months. Residency requirements for elected officials has been an issue with the high school board since last summer, when Nadia Davis established a voter registration address in the district and ran for the board while still living in the city of San Diego. The district attorney is currently investigating Davies' residency. Regarding Olsen's current domicile, messages left at his La Mesa phone number and office in Provo had not been returned at press time.

Photo by Steven Saint

## Lamplighters' 'Driving Miss Daisy' goes distance

by Paul Treske

A warm and charming success both on Broadway and film, Alfred Uhry's "Driving Miss Daisy" shone again last weekend in the opening of the Lamplighters' current production.

Produced by Ginger Harris, and under the skillful direction of Bruce Erickson, this tale of the growing relationship between a sharp-edged white Southern matron and her wise and patient black chauffeur sparkles in the skills of its three principles.

Pat Hansen's portrayal of Daisy Wertham is all abrupt, bird-like movements and wary self-protection. Angry at the outset over her loss of driving freedom, her early resistance to her unwanted driver moves smoothly and believably through the varying stages of grudging acceptance, haughty approval and, finally, prickly affection.

Lloyd Frazier's Hoke is wonderfully nuanced. He fills a role that has relatively little physical movement with a gamut of facial and vocal expressions that capture the man's patience and pride superbly.

Supposedly aging some 20 years during the time frame of the play, Frazier does it so effortlessly that one is somewhat startled to see him so old at the finish.

In the role of Boolie, Daisy's adult son, Randy Howell shows subtleties not usually seen in this character. Usually played as a stereotypical Southern "booster"

type, Howell gives the role depth and emotional diversity that is a welcome pleasure.

Staged well in a "black box" setting, with neutral black walls and minimal furniture and lighting, Erickson's concept adds a seldom-seen touch to the frequently changing scenes of this opus.

Instead of merely moving the sparse furniture here and there between the show's many brief episodes, Erickson clads the stage hands in closing fitting black and, on a semi-lit stage, has them move in and out in a choreographed, almost balletic set of moves.

On opening night, there was frequent uncertain line delivery as well as a general unfortunate slowing of pace in the second act. Although the characters are supposed to be older and slower, the lengthy pauses and slowness of response during the latter stages detracted from the overall solid nature of the production.

Of special note was the choice of music utilized during scene changes. Clearly intended by sound designer Michael Shapiro to indicate the historical period of each succeeding scene, the music was a fine asset to the overall production.

"Driving Miss Daisy" will continue at the Lamplighter's University Avenue theater through August 10.

Information on this or other Lamplighter productions may be obtained by call the box office at 464-4598.

## PG Perspectives

by Phillip Giannangeli

### Much ado about nothing

I have absolutely nothing to say today. No complaints, no stupid-people collisions to tell about, no frustrations with the techno world to relate. The wheels of my professional life aren't spinning and neither is the drive shaft of my emotional chassis.

I couldn't spin a tale of sexual intrigue or curiosities if my life depended on it. Nothing, nada, zip. The big zero.

So, how does one go from nothing to something in about six or seven hundred words when nothing is the point of departure? Ah, a question I've asked myself on many dry-well occasions. The answer, I think, is going to surprise you.

A blank (empty) mind is a terrible thing to contemplate. And being empty and bare, it's a very lonely place. There's nothing there. The activity that used to rattle through the empty structure is silenced. Room after empty room of disappointment. Who hung out that vacant sign?

It's like being a kid again. Kicking at the dirt. Raising a little dust. The dust settles back and there's nothing again. I'm kicking; you're seeing dust. Nothing much when it settles, huh?

Well, this has to end! There's space to fill; words to misuse; feelings to bruise; disappointment to create. And as usual, I shall try to do each and everyone of those. But first, a confession.

I have absolutely nothing to say today.

I'm serious. I know I said that once before, but that was back at the beginning of this column when I wasn't even sure I could find enough words to begin to fill the void. Now I'm almost half way there (about 350 words) and I really haven't misled you, have I?

I need, however, to honestly

point out to you once again that although I have nothing to say, I'm going to find a way to say it that will fill the space that is usually set aside for "PG Perspectives." Not filling that space could be very harmful to my writing career, which at this very minute is floundering. This feeble attempt at saying nothing is also messing with my emotional well-being and my self-esteem. Whoa!

Self-esteem! Could I not devote a whole column to self-esteem? That's one topic I've neglected over the years and I feel kind of bad about it. Let's see, what can I say about self-esteem? Well, to have self-esteem, you have to have some quality, talent or attribute that creates it or ignites it. Something that says, "Hey, look at what I've done."

Can't have too much self-esteem if what you have going for you is a big fat nothing. Nothing is hard to point to with pride and say "Geewillikers, look what I just came up with." Can't get that self-esteem thing going with nothing. Damn, I thought I had something there.

I can't give up though. I've only got about another 100 or so words to go. There's got to be more to nothing than this. Maybe I'm just not looking in the right places. If I had something to say, there'd be a place for it. So shouldn't there be a place for nothing too? A parallel universe of nothing? If I could find that place, I'd be home free. Oh place or planet for nothing, where are you?

As you can probably see, having nothing to say can really be complicated. I'm sweating more bullets on this than I do when I'm fabricating stories about my adventures with evil geniuses, understanding the complexities of the modern world, winning a third

Pulitzer, or cavorting with aging starlets. Nothing is a tough write.

I can't do it! That's it. I'm sorry I put you through this. I had absolutely nothing to say today. Sorry for the inconvenience.

Phew!



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# Crashing the jungle of Hollywood premieres

by Betty Jo Tucker

Holding a traditional Hollywood world premiere for "George of the Jungle" just didn't seem appropriate to the folks at Walt Disney Pictures. Instead, they took over San Diego's Wild Animal Park last week, brought the movie's stars and around 1,000 guests by Amtrak to Oceanside, then drove them to our famous tourist attraction by bus or limousine.

Starting around 4:30 on that hot afternoon, media representatives and groups of eager fans assembled at the park's entrance. Celebrities began walking down the red — no excuse me — the leopard-spotted carpet a little before 6 p.m.

As expected, the film's buffed-up star, Brendan Fraser, captured most of the media attention. He seemed to have time for everyone. When I commented to him how much the kids were looking forward to "George of the Jungle," he responded: "And their parents, too, because they remember this character from the 1960s cartoon."

Veteran actor Richard Roundtree, who starred in the popular "Shaft" movies, also hit it off with the press. As Kwame the guide in "George of the Jungle," Roundtree said the most difficult thing for him was filming a dangerous swinging bridge scene in the African sequences.

Lovely leading lady Leslie Mann seemed very excited about her role as George's love interest, but her long see-through dress was not a good choice for a Wild Animal Park event.

Other "George of the Jungle" actors attending the premiere included Thomas Hayden Church (from TV's "Wings" and "Ned and Stacey.") Holland Taylor of



Brendan Fraser and friend take in the sights of San Diego's Wild Animal Park at the world premiere of Disney's "George of the Jungle."

Photo by Larry Tucker

"The Naked Truth" and Greg Cruttwell ("2 Days in the Valley.")

Spotted among the many other celebrities were Penelope Ann Miller ("The Relic"), Eric Idle ("Monty Python's Flying Circus"), Christine Lahti ("Chicago Hope"), Matt J. Britton, general manager of Jim Henson's Creature Shop, and screenwriter Audrey Wells ("The Truth About Cats And Dogs").

Of course, almost everyone brought their families.

After completing the press line, Sam Weisman, who directed "George of the Jungle," needed an energy boost.

"Where's the food?" he asked.

Wondering the same thing, I

followed him past assorted fierce creatures and their brave keepers, over the Congo Fishing Village Bridge, down the Kilimanjaro Backcountry Trail and, finally, into the Heart of Africa.

Happily, a sumptuous buffet awaited all guests here, making our long trek worthwhile. Adding to the festivities, live African music put us in just the right mood for the movie to follow.

This lavish party ended with an outdoor showing of "George of the Jungle" on a newly installed giant screen in the Bird Show Amphitheater. An appreciative audience applauded and cheered enthusiastically, and that was just for the opening credits!

The film delighted us with its combination of innocent slapstick and sophisticated dialogue. My favorite character is Shep, the elephant who thinks he's a dog. His canine-like movements (thanks to Jim Henson's Creature Shop) just about stop the show.

No doubt about it, those Disney folks not only throw a great party, but they also haven't forgotten how to make genuinely entertaining movies. "George of the Jungle" is one of their best.

## Blood donors to get 2-for-1 deal from Chargers

From now until Aug. 7, donors at any San Diego Blood Bank donor center or NBC 7/39 Bloodmobile will receive a voucher good for one free ticket with the purchase of one ticket to the San Diego Chargers vs. San Francisco 49ers on Aug. 2 or the San Diego Chargers vs. the Indianapolis Colts on Aug. 9.

Both pre-season games are at Qualcomm Stadium. Donors must redeem their vouchers at the Chargers' ticket office, Stadium Gate E, from 8 a.m. to 5 p.m. Monday through Aug. 8.

"The Chargers' 2-for-1 ticket vouchers come at a time when, traditionally, the blood supply needs a boost," says Lynn Stedd, San Diego Blood Bank community relations director. "Donors typically take vacations during the summer, but at the same time, accidents increase. The need for blood never goes away."

Anyone between the ages of 17 and 69, who weighs at least 110 pounds and is in good health, may be eligible to give blood. Donors who give on the NBC 7/39 Bloodmobile will be recognized with a free T-shirt through July 31.



## Thunder Moon

Saturday's Full Thunder Moon (as named by Algonquians) will be above the horizon all night. You should be able to see the Sun and Moon simultaneously in nearly opposite directions 15 minutes before sunset and 15 minutes after sunrise on Sunday.

In the course of the night, bright Jupiter follows the Moon by about 1 1/2 hours.

On Sunday, the Moon will rise in the southeast 15 - 30 minutes after sunset. About one to 1 1/2 hours after sunset, watch for bright Jupiter rising 8 degrees to Moon's lower left. By dawn on Monday, they'll be in the southwest, about 5 degrees apart.

At dusk Tuesday, look for a bright Venus very low in the west. Binoculars should help you find Regulus within 1.2 degrees lower left of Venus, and Mercury 5 degrees to their lower right. Reddish Mars and blue-white Spica are 7 degrees apart in the southwest.

At dusk on July 24, look for Venus very low in the west with Mercury 4.6 degrees to its lower right, fainter Regulus is midway between them. In the southwest, Mars and Spica are now 6 degrees apart and will close to within 2 degrees in next 10 days.

An hour before sunrise on July 25, Jupiter will be in the southwest. The Moon will then be in the southeast, with Saturn about 6 degrees to its left. Saturn's rings tipped 11.7 degrees from edge-on, our greatest viewing angle during 1997.

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## East County Theater Guide

### Octad-One Productions

East County Performing Arts Complex Amphitheater  
210 E Main Street, El Cajon (588-0206)  
"Much Ado About Nothing" by William Shakespeare  
Saturdays and Sundays, through Aug. 31, 6 p.m.  
Tickets: donations accepted

### Lamplighters Community Theater

8053 University Avenue, La Mesa (464-4598)  
"Driving Miss Daisy" by Alfred Uhry  
Fridays and Saturdays, through Aug. 10, 8 p.m.  
Sundays, 2 p.m.  
Tickets: \$8 - \$10

### Octad-One Productions

Lakeside Theater  
10009 Maine Ave., Lakeside (466-3987)  
"The Wacky, Wild Days of the West"  
by Jill Virginia Costanzo & Wayne Alan Erreca  
Saturdays, through July 27, 8 p.m.  
Sundays, 2 p.m.  
Tickets: \$4 - \$6



# B Words

by Bob Burns

## Lemon Leadership

Whether it be "wowwie zowwie" or "walks on water" the hard fact remains that you get what you pay for. Without a doubt, the most important single person in the governance of our city is our present city manager, Doug Yount. It seems to me that one has only to know that we have a jewel in Doug Yount. In fact, it is remarkable, as city managers go, that we have been so fortunate in our brief history. Our only two city managers have been superb, and it is amazing that we were so lucky.

The evaluation of staff is something that most all government agencies do on an annual basis, and it is a good practice. Doug Yount has emphasized the procedure since becoming our CEO, and it is to this credit that he has evaluated himself so conservatively. Personally, I would give him a high five and a rating of 4.0 (Navy style). There has been some talk that, per capita population wise, he is the highest paid city manager around. Well, I say that when you buy a hammer it should be a good one even though you are driving 4 penny nails more often than 16's. In fact, whether a city is small, medium or large, more often than not the issues are 16 penny size.

I fully understand that when the mayor and council are paid the pittance that the law allows, a city managers salary seems high.

But then, we are probably paid what we are worth. We are one fifth of a decision and we share responsibility with the body. The city manager is all alone, and not only fully responsible for his acts, but also is often the scapegoat for council errors. Too often, I have witnessed boondoggles laid at the feet of staff to exculpate elected officials.

With the changing scene in politics, and the movement of management staff in the San Diego area, it seems to me that the city manager should be appreciated, and rewarded for the good job he is doing. Being the most important person, with obviously the heaviest load of responsibility, he is too important to risk losing. In the old days, a city manager had a job life expectancy of an average of three years. Times have changed, and for the better by far. A good man (Ager) is hard to find, now a days...so lets hang on to the one we got.

Or...first you hire a head hunting firm to seek candidates, then you spend countless hours reviewing resumes. Then you interview, and pay mileage, travel, etc. to applicants from a far away as Beaufort, South Carolina. Then you find they all want more money than you imagined. Then you pay moving costs. Then you take whatever time it takes to allow the new employee to find the john at city hall and whatever else needed to learn about the job and community. Then, after a while you contemplate the wisdom of your choice...

So, I hope that we make Doug happy and that he stays for a long time in little old Lemon Grove. Thank you Doug, till you are better paid...

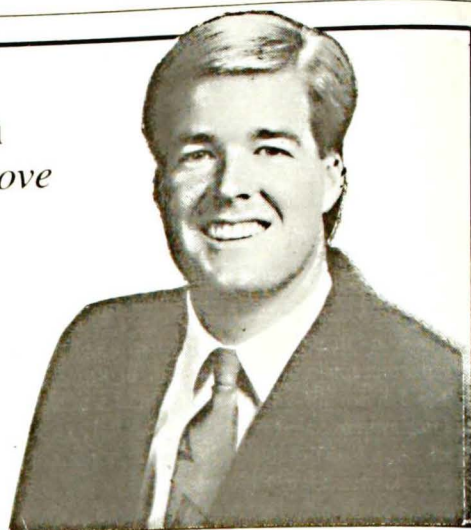
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## Worship Directory

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## PUBLIC NOTICES

### NOTICE TO BIDDERS

The Grossmont Union High School District will receive bids for  
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Each bid shall be submitted on a form obtained at the Purchasing Department of said District, located at 1100 Murray Drive, El Cajon, CA 92020-5664 (mailing address P.O. Box 1043, La Mesa, CA 91944-1043), shall be sealed and filed in said Purchasing Department on or before 2:00 p.m.

JULY 25, 1997

and will be publicly opened and read aloud at that time and place. The contracts will be awarded to the lowest responsive, responsible bidder meeting specifications. The Grossmont Union High School District reserves the right to reject any or all bids, to accept or reject any one or more items of a bid or to waive any irregularities or informalities in the bids or in the bidding. No bidder may withdraw his bid for a period of thirty (30) days after the date set for the opening of bids.

In the event of identical bids, the Governing Board may determine by lot which bid shall be accepted per Public Contract Code 20117.

BID #2699  
BID# 2700

Lemon Grove Review  
July 10 & 17, 1997

NOTICE OF PETITION  
TO ADMINISTER  
ESTATE OF  
FAUSTO HERNANDEZ  
CASE NO. P170336

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of FAUSTO HERNANDEZ. A PETITION has been filed by ROBERT ALAN HERNANDEZ in the Superior Court of California, County of SAN DIEGO. THE PETITION requests that ROBERT ALAN HERNANDEZ be appointed as personal representative to administer the estate of the decedent. THE PETITION requests that the decedent's WILL and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on JULY 28, 1997 at 1:45 p.m. in Dept. 35, located at 220 W. BROADWAY, San Diego, CA 92101.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date

noticed above.  
**YOU MAY EXAMINE** the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special Notice form is available from the court clerk.  
Attorney for petitioner  
MARTIN P. ELWOOD, ESQ.  
1901 First Avenue, Suite 116  
San Diego, CA 92101

Lemon Grove Review  
July 15, 17 & 22, 1997

**NOTICE OF TRUSTEE'S SALE**  
TS No. 91-0529 San No. 97-3598  
Title Order No. 03019575-80  
Investor/Insurer No. 2134736CALA  
APN No. 479-481-08-00  
**YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 02/16/93 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY. IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.** Notice is hereby given that CTC Foreclosure Services Corporation, as duly appointed trustee pursuant to the Deed of Trust executed by JAMES B. STRAUB and HEATHER E. STRAUB, HUSBAND and WIFE, AS JOINT TENANTS, dated 02/16/93 and recorded 02/24/93, as Instrument No. 1993-0113836, in book, page 2081 of the Official Records in the office of the County Recorder of San Diego County, State of California, will sell on 08/07/97 at 10:00AM, AT THE COUNTY COURTHOUSE, 220 WEST BROADWAY, SAN DIEGO, CA at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be 2185 SAINT CRYX COURT, LEMON GROVE, CA 91945. The undersigned Trustee disclaims any liability for any inaccuracy of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the

time of the initial publication of the Notice of Sale is \$150,763.26. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee, and of the trusts created by said Deed of Trust. Dated: CTC Foreclosure Services Corporation, 400 Countywide Way, Suite 88, San Diego, CA 92108. Phone: (619) 520-5241 ext. 2686. Sale Information (916) 387-0236. By: IS/Trustee Sale Officer CTC Foreclosure Services is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose.  
07/17/1997 07/24/1997 and 07/31/1997

CNS1409918  
**NOTICE OF PETITION TO ADMINISTER ESTATE OF: WESLEY STANLEY HUNT CASE NO. P170457**

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of WESLEY STANLEY HUNT

A PETITION has been filed by BRUCE SCHEURENBRAND in the Superior Court of California, County of San Diego. THE PETITION requests that BRUCE SCHEURENBRAND be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are avail-

able for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on August 4, 1997 at 1:45 P.M. in Dept. 35 located at 220 West Broadway San Diego CA 92101.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file

with the court a formal Request for Special Notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special Notice form is available from the court clerk.

Attorney for Petitioner:  
Jerilyn S. Jones  
Brierton & Jones  
1010 Second Ave.,  
#2300  
San Diego CA 92101  
07/17, 07/22, 07/24

**NOTICE OF TRUSTEE'S SALE**  
TS No. 91-099999LC  
TITLE ORDER NO. 5780231  
APN # 479-110-17

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 3/29/90 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY. IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On 8/7/97 at 9:00 A.M., N.A. MORTGAGE SERVICES, INC., as the duly appointed Trustee under and pursuant to Deed of Trust, Recorded on 4/4/90 as Instrument No. 90-179542 Book \*\* Page \*\* of Official Records in the office of the Recorder of San Diego County, California, executed by Richard K. Alba Trustee of the Richard K. Alba Revocable Living Trust U/D/T November 23, 1988, John F. Conney and Nancy E. Conney, husband and wife, as Trustor, American Savings Bank, F.A., as Beneficiary WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH, (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings

and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At Dittmar Street entrance to the City Hall East, 300 Coast Highway, Oceanside, CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein Lot 17 of Broadway Gardens, in the City of Lemon Grove, County of San Diego, State of California, according to map thereof no. 5454, filed in the office of the County Recorder of San Diego County, August 26, 1964. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be 7115 A-D Westview Place, Lemon Grove, CA 92045. The undersigned Trustee disclaims any liability for any inaccuracy of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit:

\$273,576.56 Estimated Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a Written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the County where the real property is located and more than three months have elapsed since such recordation. Date: 7/9/97 N.A. MORTGAGE SERVICES, INC., As Trustee 400 E. Main Street, Stockton, CA 95290-4009 Attn: Trustee Offices (408) 975-2776 By Linda Carter, Agent TPS# 38360 Jul 17, 24, 31, 1997



# Business & Service Directory

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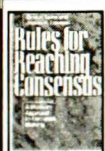
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## Sunscreen easy way to protect skin

Using a sunscreen during the hot summer months is a simple way to protect against skin cancer, and selecting the proper product doesn't have to be confusing - despite all the different SPF numbers on the labels and an almost dizzying array of ingredients, says Dr. Susan Swetter, a Stanford Medical Center dermatologist.

"Each of the products is a little bit different, so it might take a bit of experimentation to find the product that is best for you. But if you follow instructions, using sunscreen correctly is easy," says Dr. Swetter, assistant professor of dermatology and

director of Stanford's Pigmented Lesion and Cutaneous Melanoma Clinic.

Here are some points Swetter suggests you keep in mind:

- Apply sunscreen thoroughly and evenly. The average adult needs about two tablespoons - no less - spread evenly over the entire body. Remember that light summer clothing, such as a T-shirt, generally provides only limited protection.

- Don't agonize over the SPF (sun protection factor) number. Keep it simple: While light-skinned people are more susceptible to skin cancer, all races will benefit from following the same

sun protection guidelines. Most people should use an SPF of 15 if their skin is normal, or an SPF of 30 if they are taking photosensitizing medications (such as certain blood pressure pills) or suffering from a disease (such as lupus) that would make their skin unusually susceptible to burns. SPF numbers lower than 15 probably won't offer enough protection, while those higher than 30 may not offer any additional benefits.

The SPF tells you how long the product is expected to protect your skin from burning. For example, an SPF 5 sunscreen should protect your skin from developing redness five times longer than no sunscreen at all, while an SPF 15 product should protect you 15 times longer than no sunscreen. However, the reality is that the thorough and frequent application of the sunscreen is as important as the SPF rating.

- Buy a waterproof sunscreen. It won't be washed off quickly by your own sweat, and so is useful even if you're not going swimming.

## Exotic 'bugs' at local grocery

A variety of dangerous organisms, once considered a threat only to travelers in exotic locations, are now found in the neighborhood grocery, warns a Stanford Medical Center infectious diseases specialist.

These "bugs," which typically lurk in Third World ponds, streams and other contaminated water sources, can be found on fruits and vegetables increasingly being brought to this country, says Dr. Lucy Tompkins, professor of medicine (infectious diseases) and director of Stanford Health Services' clinical microbiology lab.

The organisms range from almost-visible protozoa to microscopic bacteria and even tinier viruses. Their effects vary, but typically include acute or persistent diarrhea. The bacteria go by such names as *E. coli* or *Salmonella*. Some organisms, such as the hepatitis-A virus, attack the liver, and others attack the nervous system.

Tompkins doesn't suggest that most people give up eating fresh fruit, but she does offer a few thoughts about what to watch for:

- Keep up with the news. Often, outbreaks are widely reported. "If the news says an outbreak of diarrhea has been traced to, say, raspberries from Latin America, it would seem to be a good idea to give up raspberries from that part of the world for a while," she says.

- Wash your fresh fruit and vegetables thoroughly. This won't eliminate all troublesome organisms, but it will get many of them, reducing the risk.

- Cook your vegetables and as many fruits as possible. The cooking process almost always eliminates the danger, although you might have to make up for lower levels of nutrients due to the cooking process.

Although it's not foolproof, eating U.S.-produced fruits and vegetables will substantially reduce the danger of microbial contamination.

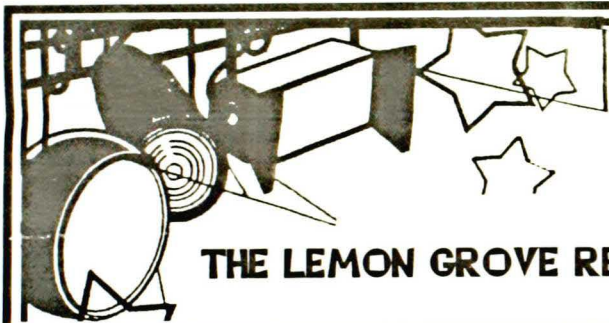
- Certain high-risk individuals - young children, the elderly and immunosuppressed people of any age - might well avoid fresh fruits altogether and replace them with nutritious canned or pasteurized products.

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